

Rainier Beach Pool
SWIMMING LESSONS
June 25th—August 26th

Registration Begins:
Online:
In Person:
By Phone:

May 22nd
www.seattle.gov/parks
8825 Rainier Ave
206.386.1925

PARENT & CHILD AQUATICS

Ages: 6 months - 4 years

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

THREE-YEAR-OLD LESSONS

Age: 3 years old

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

FAMILY LESSONS

Age: 4-8 years old

Learn beginning swimming skills with your own child in a fun and relaxed atmosphere. Some of the skills covered include breath control/rhythmic breathing, kicking, floating, beginner stroke work, and lifejacket safety. Parent/guardian does NOT have to know how to swim but must be in the water with their child.

KINDER LESSONS

Ages: 4 & 5

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

BEGINNING SWIMMER LESSONS

Ages: 6 - 16

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

SPECIAL POPULATIONS LESSONS

Ages 6-17

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

ADVANCED SWIMMER LESSONS

Ages: 6 - 16

Prerequisite: Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

ADULT STROKE DEVELOPMENT

Ages 16 and up

In this course, you will refine swimming strokes and build endurance. Whether you want to train for a triathlon or become better at swimming laps for fitness, this is the class for you! Deep water comfort and ability to swim 25 yards (length of the pool) without stopping is required.

ADULT LESSONS

Ages 16 and up

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

CLOSURES: Wednesday, July 4th for Independence Day

Closed for Summer Swim League Swim Meet Friday evening of July 13th & All Day Saturday July 28th

REFUNDS, WITHDRAWS AND TRANSFERS

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Parent & Child Aquatic Lessons Ages 6 months to 4 Years Old	Monday	9:30 AM	10:00 AM	June 25	August 20	9	\$67.50	182182
	Monday	5:30 PM	6:00 PM	June 25	August 20	9	\$67.50	182181
	Tuesday	9:30 AM	10:00 AM	June 26	August 21	9	\$67.50	182193
	Tuesday	4:30 PM	5:00 PM	June 26	August 21	9	\$67.50	182191
	Tuesday	6:00 PM	6:30 PM	June 26	August 21	9	\$67.50	182192
	Wednesday	9:30 AM	10:00 AM	June 27	August 22	8	\$60.00	182195
	Wednesday	5:30 PM	6:00 PM	June 27	August 22	8	\$60.00	182194
	Thursday	9:30 AM	10:00 AM	June 28	August 23	9	\$67.50	182190
	Thursday	4:30 PM	5:00 PM	June 28	August 23	9	\$67.50	182188
	Thursday	6:00 PM	6:30 PM	June 28	August 23	9	\$67.50	182189
	Friday	9:30 AM	10:00 AM	June 29	August 24	9	\$67.50	182180
	Friday	5:30 PM	6:00 PM	June 29	August 24	8	\$60.00	182179
	Saturday	9:00 AM	9:30 AM	June 30	August 25	8	\$60.00	182183
	Saturday	9:30 AM	10:00 AM	June 30	August 25	8	\$60.00	182184
	Sunday	9:30 AM	10:00 AM	July 1	August 26	9	\$67.50	182187
	Sunday	10:00 AM	10:30 AM	July 1	August 26	9	\$67.50	182185
3 Year Olds	Monday	9:30 AM	10:00 AM	June 25	August 20	9	\$117.00	182216
	Monday	10:00 AM	10:30 AM	June 25	August 20	9	\$117.00	182212
	Monday	4:00 PM	4:30 PM	June 25	August 20	9	\$117.00	182213
	Monday	5:00 PM	5:30 PM	June 25	August 20	9	\$117.00	182214
	Monday	5:30 PM	6:00 PM	June 25	August 20	9	\$117.00	182215
	Tuesday	9:30 AM	10:00 AM	June 26	August 21	9	\$117.00	182228
	Tuesday	10:30 AM	11:00 AM	June 26	August 21	9	\$117.00	182226
	Tuesday	6:00 PM	6:30 PM	June 26	August 21	9	\$117.00	182227
	Wednesday	9:30 AM	10:00 AM	June 27	August 22	8	\$104.00	182233
	Wednesday	10:00 AM	10:30 AM	June 27	August 22	8	\$104.00	182229
	Wednesday	4:00 PM	4:30 PM	June 27	August 22	8	\$104.00	182230
	Wednesday	5:00 PM	5:30 PM	June 27	August 22	8	\$104.00	182231
	Wednesday	5:30 PM	6:00 PM	June 27	August 22	8	\$104.00	182232
	Thursday	9:30 AM	10:00 AM	June 28	August 23	9	\$117.00	182225
	Thursday	10:30 AM	11:00 AM	June 28	August 23	9	\$117.00	182223
	Thursday	6:00 PM	6:30 PM	June 28	August 23	9	\$117.00	182224
	Friday	10:00 AM	10:30 AM	June 29	August 24	9	\$117.00	182208
	Friday	4:00 PM	4:30 PM	June 29	August 24	8	\$104.00	182209
	Friday	5:00 PM	5:30 PM	June 29	August 24	8	\$104.00	182210
	Friday	5:30 PM	6:00 PM	June 29	August 24	8	\$104.00	182211
	Saturday	9:00 AM	9:30 AM	June 30	August 25	8	\$104.00	182219
	Saturday	9:30 AM	10:00 AM	June 30	August 25	8	\$104.00	182220
	Saturday	2:30 PM	3:00 PM	June 30	August 25	8	\$104.00	182217
	Saturday	3:00 PM	3:30 PM	June 30	August 25	8	\$104.00	182218
	Sunday	9:30 AM	10:00 AM	July 1	August 26	9	\$117.00	182222
	Sunday	10:00 AM	10:30 AM	July 1	August 26	9	\$117.00	192221
Kinder Ages 4-5 Years Old	Monday	10:30 AM	11:00 AM	June 25	August 20	9	\$81.00	182145
	Monday	4:30 PM	5:00 PM	June 25	August 20	9	\$81.00	182146
	Monday	6:00 PM	6:30 PM	June 25	August 20	9	\$81.00	182147
	Tuesday	10:00 AM	10:30 AM	June 26	August 21	9	\$81.00	182173
	Tuesday	4:00 PM	4:30 PM	June 26	August 21	9	\$81.00	182174
	Tuesday	5:00 PM	5:30 PM	June 26	August 21	9	\$81.00	182175
	Wednesday	10:30 AM	11:00 AM	June 27	August 22	8	\$72.00	182176
	Wednesday	4:30 PM	5:00 PM	June 27	August 22	8	\$72.00	182177
	Wednesday	6:00 PM	6:30 PM	June 27	August 22	8	\$72.00	182178
	Thursday	10:00 AM	10:30 AM	June 28	August 23	9	\$81.00	182170
	Thursday	4:00 PM	4:30 PM	June 28	August 23	9	\$81.00	182171
	Thursday	5:00 PM	5:30 PM	June 28	August 23	9	\$81.00	182172
	Friday	9:30 AM	10:00 AM	June 29	August 24	9	\$81.00	182144
	Friday	10:30 AM	11:00 AM	June 29	August 24	9	\$81.00	182139
	Friday	4:30 PM	5:00 PM	June 29	August 24	8	\$72.00	182142
	Friday	6:00 PM	6:30 PM	June 29	August 24	8	\$72.00	182143
	Saturday	9:00 AM	9:30 AM	June 30	August 25	8	\$72.00	182168
	Saturday	10:00 AM	10:30 AM	June 30	August 25	8	\$72.00	182165
	Saturday	2:30 PM	3:00 PM	June 30	August 25	8	\$72.00	182166
	Saturday	3:00 PM	3:30 PM	June 30	August 25	8	\$72.00	182167
	Sunday	10:30 AM	11:00 AM	July 1	August 26	9	\$81.00	182169

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Beginning Swimmer Ages 6-16 Years Old	Monday	9:30 AM	10:00 AM	June 25	August 20	9	\$67.50	182071
	Monday	10:00 AM	10:30 AM	June 25	August 20	9	\$67.50	182066
	Monday	4:00 PM	4:30 PM	June 25	August 20	9	\$67.50	182067
	Monday	5:00 PM	5:30 PM	June 25	August 20	9	\$67.50	182068
	Monday	5:30 PM	6:00 PM	June 25	August 20	9	\$67.50	182069
	Monday	6:30 PM	7:00 PM	June 25	August 20	9	\$67.50	182070
	Tuesday	9:30 AM	10:00 AM	June 26	August 21	9	\$67.50	182129
	Tuesday	10:00 AM	10:30 AM	June 26	August 21	9	\$67.50	182125
	Tuesday	4:30 PM	5:00 PM	June 26	August 21	9	\$67.50	182126
	Tuesday	5:30 PM	6:00 PM	June 26	August 21	9	\$67.50	182127
	Tuesday	6:30 PM	7:00 PM	June 26	August 21	9	\$67.50	182128
	Wednesday	9:30 AM	10:00 AM	June 27	August 22	8	\$60.00	182135
	Wednesday	10:00 AM	10:30 AM	June 27	August 22	8	\$60.00	182130
	Wednesday	4:00 PM	4:30 PM	June 27	August 22	8	\$60.00	182131
	Wednesday	5:00 PM	5:30 PM	June 27	August 22	8	\$60.00	182132
	Wednesday	5:30 PM	6:00 PM	June 27	August 22	8	\$60.00	182133
	Wednesday	6:30 PM	7:00 PM	June 27	August 22	8	\$60.00	182134
	Thursday	9:30 AM	10:00 AM	June 28	August 23	9	\$67.50	182123
	Thursday	10:00 AM	10:30 AM	June 28	August 23	9	\$67.50	182109
	Thursday	4:30 PM	5:00 PM	June 28	August 23	9	\$67.50	182116
	Thursday	5:30 PM	6:00 PM	June 28	August 23	9	\$67.50	181118
	Thursday	6:30 PM	7:00 PM	June 28	August 23	9	\$67.50	182120
	Friday	9:30 AM	10:00 AM	June 29	August 24	9	\$67.50	182065
	Friday	10:00 AM	10:30 AM	June 29	August 24	9	\$67.50	182161
	Friday	4:00 PM	4:30 PM	June 29	August 24	8	\$60.00	182162
	Friday	5:00 PM	5:30 PM	June 29	August 24	8	\$60.00	182163
	Friday	6:30 PM	7:00 PM	June 29	August 24	8	\$60.00	182064
	Saturday	10:30 AM	11:00 AM	June 30	August 25	8	\$60.00	182072
	Saturday	11:30 AM	12:00 PM	June 30	August 25	8	\$60.00	182073
	Saturday	2:30 PM	3:00 PM	June 30	August 25	8	\$60.00	182074
	Saturday	3:00 PM	3:30 PM	June 30	August 25	8	\$60.00	182075
	Sunday	10:00 AM	10:30 AM	July 1	August 26	9	\$67.50	182103
	Sunday	11:00 AM	11:30 AM	July 1	August 26	9	\$67.50	182105
	Sunday	11:30 AM	12:00 PM	July 1	August 26	9	\$67.50	182107
Advanced Swimmer Ages 6-16 Years Old	Monday	6:00 PM	6:30 PM	June 25	August 20	9	\$67.50	182055
	Tuesday	6:00 PM	6:30 PM	June 26	August 21	9	\$67.50	182059
	Wednesday	6:00 PM	6:30 PM	June 27	August 22	8	\$60.00	182060
	Thursday	6:00 PM	6:30 PM	June 28	August 23	9	\$67.50	182058
	Friday	5:30 PM	6:00 PM	June 29	August 24	8	\$60.00	182054
	Saturday	11:00 AM	11:30 AM	June 30	August 25	8	\$60.00	182056
	Sunday	10:30 AM	11:00 AM	July 1	August 26	9	\$67.50	182057
Special Population Ages 6-17 Years Old	Monday	4:30 PM	5:00 PM	June 25	August 20	9	\$67.50	182198
	Tuesday	5:00 PM	5:30 PM	June 26	August 21	9	\$67.50	182200
	Wednesday	4:30 PM	5:00 PM	June 27	August 22	8	\$60.00	182201
	Thursday	5:00 PM	5:30 PM	June 28	August 23	9	\$67.50	182199
	Friday	4:30 PM	5:00 PM	June 29	August 24	8	\$60.00	182197
Adults	Monday	11:30 AM	12:00 PM	June 25	August 20	9	\$67.50	182038
	Monday	6:00 PM	6:30 PM	June 25	August 20	9	\$67.50	182046
	Wednesday	11:30 AM	12:00 PM	June 27	August 22	8	\$60.00	182050
	Wednesday	6:00 PM	6:30 PM	June 27	August 22	8	\$60.00	182051
	Thursday	11:30 AM	12:00 PM	June 28	August 23	9	\$67.50	182049
	Friday	11:30 AM	12:00 PM	June 29	August 24	9	\$67.50	182036
	Saturday	11:00 AM	11:30 AM	June 30	August 25	8	\$60.00	182047
	Sunday	11:30 AM	12:00 PM	July 1	August 26	9	\$67.50	182048
Pre-Competition	Friday	6:00 PM	7:00 PM	June 29	August 24	8	\$120.00	182196
Family Lessons	Saturday	10:30 AM	11:00 AM	June 30	August 25	8	\$60.00	182137
Adult Clinic	Tuesday	8:00 PM	8:45 PM	June 26	August 21	9	\$101.25	182032
	Thursday	8:00 PM	8:45 PM	June 28	August 23	9	\$101.25	182030
Senior Lessons Ages 50 & up	Tuesday	11:30 AM	12:00 PM	June 26	August 21	9	\$67.50	182052

Women Single Gender Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment.

During these programs the windows to the pool are covered and only female instructors are employed for privacy.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Tots 6 months - 3 years (Girls and Boys)	Sunday	5:30 PM	6:00 PM	July 1	August 26	9	\$67.50	182237
Kinder Ages 4 and 5 Years Old (Girls Only)	Sunday	6:00 PM	6:30 PM	July 1	August 26	9	\$81.00	182236
Beginning Swimmer Ages 6-16 Years Old (Females Only)	Sunday	5:30 PM	6:00 PM	July 1	August 26	9	\$67.50	182235
Women & Teens 12 Year Old & up (Females Only)	Sunday	6:00 PM	6:30 PM	July 1	August 26	9	\$67.50	182234



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's

Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Lesson Tips of the Quarter

Attendance

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

Ripple # 1: It makes sure that every student fits their class.

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

Ripple # 2: The student obtains and retains skills better.

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

Happy Swimming!

Do you know a swimmer who needs a scholarship?

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.